



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING HEALTHIER CHOICES TOGETHER

Healthy Weight and Your Child The SKY Family YMCA—Venice

PROGRAM STRUCTURE

Families will work with trained Leaders for the duration of the 25-session program delivered over four months. During this time, children and an adult will learn about topics including:

- Healthy eating
- Physical activity
- Portion control
- Internal and external triggers
- Food label reading
- Goal setting and rewards

WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

Healthy Weight and Your Child focuses on healthy eating, regular physical activity, and behavior change to empower children and their families to live a healthier and active lifestyle.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight, with a body mass index of the 95th percentile or higher
- Receive clearance from a healthcare provider (including a school nurse) to participate in physical activity
- Have an adult attend all sessions with them

LEARN MORE

For more information about the program, contact Jane Martin, Health Innovations Coordinator
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